

Wheelchair Sport Clinics (All Ages)

Join us weekly or on a drop in basis. We will feature hand cycling, wheelchair tennis and basketball. Learn about chair maintenance and care. Increase your maneuverability and develop some agility through training. Play a pick-up game in basketball or tennis. Try the Quick Start Tennis program for youth or beginners. Registration is required and space is limited. Weekly drop-in fee \$2.00 per person.

Wheelchair Tennis

Activity #441160X (No program 7/5)
6/21-7/26 Mon 3:30-5 pm Southside (Hill)

WheelChair Basketball

Activity #441090X (No program 7/7)
6/23-7/28 Wed 3:30-5 pm Southside (Hill)

Hand-cycling

Activity #441040X (No program 7/1)
6/24-7/29 Thu 3:30-5 pm Southside (Hill)

Adapted Aquatics - Adults with MS, Fibromyalgia, Arthritis or other physical disabilities.

Practice deep breathing and complete exercises to improve and maintain range of motion. To improve balance and strength reserve 10-15 minutes for walking and noodle work. NO make-up dates. \$2.50 per session.

Activity #341070A (No class 4/6 & 4/8)
3/15-4/28 M&W 5:30-6:15 pm Beekman
\$20/Res; \$30/Non-Res

Activity #341070C (No class 5/31)
5/3-5/26 M&W 5-5:45 pm Beekman
\$20/Res; \$30/Non-Res

Activity #441070A (No class 7/5 & 7/7)
6/14-7/14 M&W 5-5:45 pm Beekman
\$20/Res; \$30/Non-Res

Activity #441070C
7/19-8/11 M&W 5-5:45 pm Beekman
\$20/Res; \$30/Non-Res



Project S.T.T.A.R

Social Teaching Through Activities and Recreation

A summer day camp program that uses recreation and other supported activities to enhance social, emotional and cognitive skills. Does your child have difficulty interacting with people or being in groups? Does your child find it difficult to communicate their needs effectively? Does your child need additional supports to participate in recreation and leisure activities? If so we have a dynamic program for youth ages 5-13. Project STTAR is an inclusive program for youth with disabilities. The program is developed in joint cooperation between: Clinton-Eaton-Ingham Community Mental Health Authority (CEI CMHA), Mid-Michigan Autism Association, Lansing Parks & Recreation and the Oak Park YMCA. The team for this project is committed to developing and implementing a recreation program with qualified staff and an increased ratio of staff to youth. In addition to the required 30-hour camp staff training, staff will receive additional training from the CEI CMHA Autism Support Team (psychologist, occupational therapist, speech-language pathologist) in order to help meet the specific needs of your child. Parents will be required to meet with the Certified Therapeutic Recreation Specialist (CTRS) who oversees inclusion and complete an additional form to help educate staff so they can better meet the needs of the individual youth. Early registration is important, as space is limited in this pilot project. You can enroll your child at any Community Center and call the CTRS at (517) 483- 4291 for an appointment. If you plan to use a neighborhood park we will work to provide support staff. We also have a camp for the 14-26 year old at SSCC. Step 1 call 517-483-4291 for appt. Step 2 register.



Project S.T.T.A.R (Ages 14-26)

Social Teaching Through Activities and Recreation

Advance your creative edge through the arts with painting, carving, sketching, dance, drama and skits. Learn to play some card and board games, find the hidden treasure by Geo-Caching and test your physical skills with some balance, co-ordination, strength training, and stretching or enjoy a dip in the pool.

Activity #441700A
7/12-7/15 Mon-Thu 1-4 pm Southside (Hill)
\$20/Res; \$30/Non-Res

Activity #441700B
7/19-22 Mon-Thu 1-4 pm Southside (Hill)
\$20/Res; \$30/Non-Res

Activity #441700C
7/26-29 Mon-Thu 1-4 pm Southside (Hill)
\$20/Res; \$30/Non-Res

Activity #441700D
8/2-8/5 Mon-Thu 1-4 pm Southside (Hill)
\$20/Res; \$30/Non-Res

Activity #441700E
8/9-8/12 Mon-Thu 1-4 pm Southside (Hill)
\$20/Res; \$30/Non-Res

Kickball Camp (Ages 7-12)

Learn to roll, kick, run and throw in this fun game. This 45-minute activity is divided into practice/skill development and playtime. Parents can buddy up with their child for more adventure on the field. 9-12 players per team; two team minimum. 3 sessions.

Activity #441045A (Ages 7-9)
8/9-8/23 Mon 4:45-5:30 pm Marshall Park \$9

Activity #441045B (Ages 10-12)
8/9-8/23 Mon 5:30-6:15 pm Marshall Park \$9

Activity #441045C (Ages 10-12)
8/10-8/24 Tue 4:45-5:30 pm Marshall Park \$9

Activity #441045D (Ages 7-9)
8/10-8/24 Tue 5:30-6:15 pm Marshall Park \$9



Kayaking

Sign up for one or both of the mandatory water tests before you launch in the lake. Restrictions are used to ensure safety of staff & participants. You should be able to swim, float, roll and hold your breath. We will test your ability on these skills and work with you on entering and exiting the kayak. Weight is limited for safety reasons. If you have any questions call the Therapeutic Recreation supervisor, Joan, at (517) 483-4291.

Activity #441030A Water Test
6/15 Tue 6:30-8:30 pm Southside (Hill) \$10/Res; \$15Non-Res

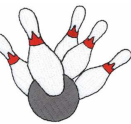
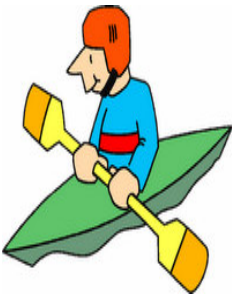
Activity #441030B Water Test
6/17 Thu 6:30-8:30 pm Southside (Hill) \$10/Res; \$15Non-Res

Activity #441030C Open Water
7/13 Tue 7-9 pm Burchfield Park (Grovenberg Rd) \$10/Res; \$15Non-Res

Activity #441030D Open Water
7/21 Wed 7-9 pm Burchfield Park (Grovenberg Rd) \$10/Res; \$15Non-Res

Activity #441060A (Adult)
6/22-7/27 Tue 3-4:30 pm Holiday Lanes \$12/Res; \$18/Non-Res

Activity #441060B (Ages 12-17)
6/22-7/27 Tue 3-4:30 pm Holiday Lanes \$12/Res; \$17/Non-Res



Bowling (Ages 12-Adult)

The 'strickers and spares' keep the heat on all year.

Kentucky Derby Party (Ages 13-Adult)

Sip mint juleps, design and vote for the favorite hat, pick your horse and race against each other on the track. This afternoon of fun will be full of 'horsing around.' Hats and other supplies will be provided.

Activity # 341805X

4/30 Fri 1-4 pm Gier \$10/Res; \$15/Non-Res

Summer Picnic (All Ages)

Start the summer with an old-fashioned picnic of fun, grilled burgers, hotdogs and summer goodies. Play Uno or other board games, dip your toes in the water or go swimming, learn bocce (lawn bowling) or stroll around the park.



Activity #441813X

6/29 Tue 10 am-2:30 pm Lake Lansing South \$7

Ice Cream Social (All Ages)

Come for a game of Uno, Backgammon, Chess, Bocce or other board games. This is a family friendly evening to enjoy ice cream, take a walk in the gardens, and enjoy the view from the overlook.

Activity #441810X

8/18 Wed 6:30-8 pm Frances Park Pavilion \$3

Planetarium Tour (Ages 13-Adult)

Join us at the MSU Planetarium for a summer show of our galaxy. Learn about the majestic skies overhead. After the show we will take a short walk to the MSU Dairy Store for ice cream. Drop-off is between 12:30-1:00 pm at the Planetarium / Pick-up is 3:45 pm at the Dairy Store on Farm Lane.

Activity #441515X

7/23 Fri 1-3:45 pm MSU Planetarium \$8

Bowling Banquet

If you participated in the bowling program between Sept. 2009 & April 2010, please join us at Foster Community Center to celebrate with an afternoon lunch, door prizes, trophies and other surprises.

4/27 Tue 2:30-4:45 pm Foster RM 213

Overnight Camping (Ages 16-Adult)

Pack your bags for an overnight under the stars. Relax around the campfire in the evening with s'mores, stories and songs. Be sure to have ALL of your equipment, supplies, medications and other personal items. There will be fun activities and games for everyone. Dinner, snack and brunch will be provided.

Activity #441510C

8/5-8/6 Thu-Fri 2-2 pm Foster/Sleepy Hollow
\$10/Res; \$15/Non-Res

Fish Camp (Ages 13-Adult)

Learn to bait and remove the fish from the hook safely, cast, and care for your rod and reel. This leisure activity requires quiet, peaceful time as you learn to fish the local lakes. You must have a valid fishing license, which is available for purchase at Meijer.

Activity #441730A (Adults)

Activity #441730B (Ages 13-17)

6/21-6/24 Mon-Thu 9:30 am-12 pm
Hawk Island Kestrel Shelter \$10/Res; \$15/NonRes



Fish Day (Ages 13-Adult)

Bring your gear, tackle box, sunscreen, and hat for a day of fishing, lunch which is provided, and relaxation. If you plan on keeping your fish, bring a container to keep them in. A bus is provided ONLY for the Sleepy Hollow Trip. Bus will depart from Foster at 9:15 am and return around 2:30 pm. Arrange transportation to take you to the other two sites. You must have a valid fishing license, which is available for purchase at Meijer.

Activity #441735A

6/25 Fri 9 am-2:30 pm
Lake Lansing South \$7

Activity #441735B

7/16 Fri 9 am-2:30 pm
Foster/Sleepy Hollow State Park \$10

Activity #441735A

8/13 Fri 9 am-2:30 pm
Burchfield Park (Grovenberg Rd) \$7

REGISTRATION INFORMATION

Prior to attending any program you must complete a new registration form. Five options exist for you to register and make payment:

1. **Call** any community center: see below. Must use credit card when registering by phone. The telephone relay system number is 1-800-649-3777.
2. **Mail** registration to Lansing Parks and Recreation: 200 N Foster St., Lansing, MI 48933. Use check, credit card, or money order.
3. If **faxing**, include credit card information. Fax number: 517-483-6062
4. **Walk-in** to our facilities and register in person and make payment.

Foster Community Center:

200 North Foster Lansing, MI 48912 (517) 483-4234

Gier Community Center:

2400 Hall Street Lansing, MI 48906 (517) 483-4309

Letts Community Center:

1220 West Kalamazoo Street Lansing, MI 48915
(517) 483-4305

Southside Community Center:

5815 Wise Road Lansing, MI 48911 (517) 483-6686

5. **Register online** at: www.lansingmi.gov/parks

Registration Dates for Summer

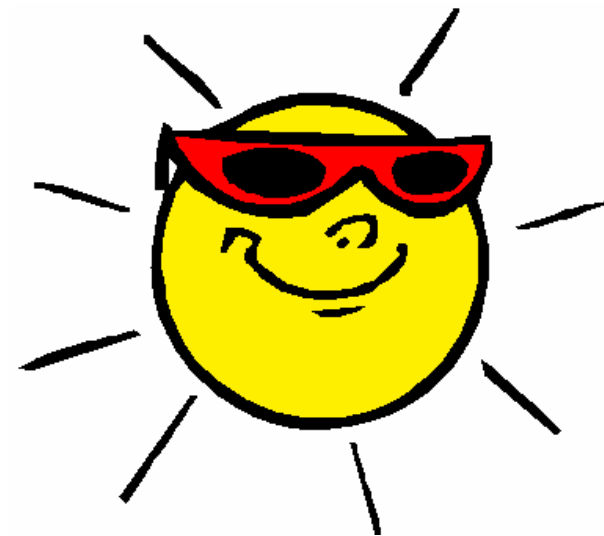
Residents: March 15

Open Registration: March 22

Any questions call Joan at (517) 483-4291.

Lansing Parks and Recreation

Therapeutic Recreation Department



Summer 2010

Lansing Parks and Recreation
200 N Foster St
Lansing, MI 48912
Office: (517) 483-4233
Fax: (517) 377-0180
Therapeutic Recreation Office: (517) 483-4291